



How to Be Vegan: Tips, Tricks, and Strategies for Cruelty-Free Eating, Living, Dating, Travel, Decorating, and More (Paperback)

By Elizabeth Castoria

ARTISAN, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book. With the interest in vegan living on the rise, it's time for a book that goes beyond the recipes. How does a newbie adopt a vegan approach when it comes to dating, entertaining, decorating, travel, and beyond? Author Elizabeth Castoria, the former editorial director of VegNews, offers a useful, friendly introduction to the vegan lifestyle for those who want to dabble or for those already committed to living animal-product-free. She shows how simple it is to be vegan, from the food (plants, fruits, nuts, and grains all explained) and nutrition (which supplements are needed), to the etiquette (what to do at an omnivore's dinner party), travel (where to find the best vegan airport food in the United States), fashion (there's no need to swear off designer duds), and more. To close the book, there are 50 recipes for the beginner vegan. With familiar ingredients and straightforward instructions, and with options from Tofu Scramble and Cheesy Kale Chips to Pasta with Artichoke Alfredo and Fabulous Fudge Brownies, there is no missing meat or dairy with this satisfying vegan food. Presented in concise, practical easy-to-read pieces,...



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An extremely awesome publication with lucid and perfect explanations. It is actually written in basic phrases rather than confusing. You will like how the writer publishes this book.

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